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Music as applicable to Diseases  
of the mind,

Edw Hubbard

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"entirely suitable stock for Smith"

At the Corralito the stock is

for

Corralito the stock is

An Essay on  
Music

as applicable to Diseases  
of the  
Mind

"Musica et Mentis Medicina maestra."

By Hapson M. Hubbard A.B.

of  
Lexington Georgia.



Since the dawn of Medical Science we find that  
the mind as well as the body of man, has been sub-  
ject to disease. Since the earliest records and from the days  
of tradition when truth was handed down in song, to  
mitigate the miseries and to co-operate in the restoration  
of those lost to reason was early impressed as a duty  
on the medical profession.

Hippocrates, Galien, Sydenham, Cullen and our  
venerable countryman Boerhaave have devoted much of their  
time and talents to the consideration of this dreadful  
Malady. To their might be added many others who have  
written of the cause, the symptoms and treatment,  
recording in their day the effects of different  
remedies and those best calculated for cure.

Notwithstanding these landmarks, we  
are yet plunged in the sea of uncertainty, with no polar  
star to direct us through the often traversed yet vague  
labyrinth of this disease, our only hope the faint-



hammering of the distant lighthouse experiment, and  
grasp the compass of caution.

Such is the constitution of man and such his  
weakness in grasping the highest intellectual attributes  
he is liable to become the subject of madness, besides many  
other indispositions provoked by care, anxiety, and despair.  
A great number of the maladies for which the physician  
is consulted in persons of refined sensibility and deli-  
cate temperaments, have a direct origin in some  
labour of the mind, which extends its influence  
over the animal system.

There is no sight to the professional man more awful  
and at the same time more interesting than to witness the  
progress of these fatal symptoms. The interesting female the pale  
victim of melancholy, the care worn cheeks of the disconsolate  
mother the son of genius whose only malady is some disease  
of the mind; defeated in some favorite scheme on which  
he based his future glory and happiness he gives way to the  
suppression of a noble mind" which admits of no medical relief.





Not more interesting to see a fellow being lost to civil and religious  
 society, the raging madman or self created lord equally claim  
 a share of our protection and skill, in no case should they  
 be treated with railing or neglect, when other remedies have  
 failed and prohibited let us trust the influence of the harmo-  
 ny of sound.

There is a charm a power that sways the breast,  
 Bids every passion never or be still,  
 Inspires with hope - or all our cares dispels,  
 Can soothe destruction and despair,  
 That power is Music. *Mustang*

Although the idea of the golden age and the Elysium  
 where ~~last~~ long gone by, yet there may be a balm  
 to soothe the "hurled mind". While I remember the beloved  
~~paradise~~ of Egypt was the work of ~~accident~~ *accident*, and the  
 towering ~~chimborazo~~ *chimborazo* is a heap built up of little sands, I  
 come forward with confidence to contribute my mite  
 towards rearing a monumental trophy to the healing  
 art. Consulting the history of our profession we find



but human inquiry has been extended in search of remedies  
to alleviate the ill effects. It is with pleasure we contemplate  
the triumphs over some of the detestable and loathsome  
diseases which for a time spread terror over the whole civil-  
ized world. The name of Plummer at once speaks volumes  
and to the student and Philanthropist stands like the  
ever inscribed adage "leave nothing undone which has  
yet been done, consider nothing done while anything yet  
remains undone?"

The origin of Plummer like every healing art-  
science was readily noticed by the untutored Heathen  
of the Gods. Need I again relate this well known tale of  
Asclepius or refer to Ancient history for its wonderful effects.  
The Greeks alone Apollo the credit is so great and wonder-  
ful, and worshipped him as the God of Medicine. The latter  
not on the amusement of their Deities and the reward  
of human mortals. In each stream did that great law give  
its holy man, and such was his sensitiveness for un-  
derstanding, he saw to chance there would be to overcome



the existing laws and subvert the morals of the country, in  
 opinion was that it was a gift of the gods not one to  
 relieve the ears, but to enlighten and regulate the passions  
 of the mind. Aristotle his rival and opponent in wis-  
 domness agrees with him in this particular. He has been  
 also its ascendancy over the human bosom to save it  
 and has seen to confer the bread of life upon mankind  
 was savage, their country moorland surrounded by a cold  
 winter atmosphere. Pothaeus intended it to inspire  
 the heart with laudable actions and inflame a love of  
 virtue

It would be unnecessary to name the author or con-  
 mutes the names of a great many who viewed it with the  
 no direction, and have related some wonderful fables  
 which induced, though much of it is advanced in the  
 absurd tale of the animal nations it should not be  
 disregarded. A modern poet has said of Homer

— 't allays each grief, exalts each joy.  
 Be not disdain - it's our worst pain.



Subdue the rage of 'pox and the plague  
And hence the woe of ancient days arose  
'Moody and Sons."

Modern history relates that the brave but unfortunate Swig  
who for years the native romantic country of the sound  
of certain strains suffers from botanica to such a degree  
that it is unable to be heard. The French during the  
revolution found their national tune of chant du d'her-  
and la tra of great avail. It is well known the effect  
of our own national tune 'Yankee Doodle and  
'Hail Columbia' at the sound of which the hearts of  
every true American beat high. The same may be  
noticed in every nation, man whether he grows in the  
form of the land or among the circles of habitable life  
is physically everywhere the same.

Pursuing the history of music we  
next come attracting the attention of 'chairs' as a  
supra-terrestrial affliction to disease. The case such as Bock  
in relation of a 'pox' knight losing the power of his





number, and Placens of a woman being thrown into convul-  
sions of laughter at the sound of certain music, the  
case related by Placid and others of its effects in the cure  
of the bite of the tarantula, we are to regard them as  
being more curious than useful.

Placens can get the Dorian music to restore  
one who had lost their senses over their reason. Hippoch-  
on employed it in healing diseases of the mind.

Placens relates that Demetrius used not to allow the  
harmony of Socrates but by the self sound of his flute. At  
his last moments he declined music so much he could  
not bear his violent attacks of the heart but harmonious  
music. According to Galenus Placens was recalled from  
the gates of death by the harmonious singing of an old.

The following is related in an author who  
appears to have been always a close observer of nature. He  
states the remedies in the Rhodacenes island that go by  
the name of antimalaric, consisting of the heart and  
spleen - and rather intended to prevent the virus of the m-



tion to disarrange the better course of the mind or to raise the  
sensitive spirits. The remedies also cause no act, prevent  
nothing, the uses of them, all to the virtue of the soft kind  
with delights thus due to the mind, to gradually relax the  
solid constitution of the body, and reduce the distended  
action of the imagination to their primitive equilibrium.

Looking over some of the more modern practitioners I  
find it has not escaped their attention. Dr. Thomas in treating  
of the mind recommends amusements and  
exercises. Locke says nothing can be more injudicious  
than the ordinary reliance of medical treatment, which  
it seems a few weeks was usually sufficient in almost  
all the larger plethoric hospitals in our own country  
and on the continent, which consisted in a course of  
emission, purges and evacuations administered in more  
or less short indiscriminate. The same author who is  
not division of mental disease and mental signs nor  
includes his treatment he says "after all our work there  
is left to depend on natural education, amusement &



any kind that may engage the attention, without ruining the religious or productive labours which he promotes, in any contrivance that can be thought of."

The word Music is derived from the Greek *Musa* a muse - it may be defined the art of combining sounds in a manner agreeable to the ear. The modes or sounds like all sensible operations is made through the medium of the nerves. The *Portio Mollis* from its peculiar arrangement appears to be well calculated to conduct the impressions made on the nerves to the most minute parts of the loquacious system of organs.

The disease to which it is most applicable are the *Spasmodic* - *Droisical* (spasms and Mania). In suggesting this remedy (! such it may be called) I am aware of the objection that may occur (and the other instances of) to increase many cases that will succeed. (I suppose) from constitution and mechanical causes call for it, as we well know, it is not during lucid intervals (and fits of convalescence that it may be employed), and in



in any case where it is disagreeable might be readily with-  
drawn.

Nor can there exist suggesting the propriety of music  
in this disease as just H. Hall (when more successful ac-  
cidents have been unfolded), when the more acute forms of this  
disease have taken place that music might be resorted to  
as an auxiliary in returning to health, particularly at that in-  
terval when the disease assumes a favorable change. There are  
however cases related in the memoirs of the Royal Academy  
of Sciences of Musicians having been cured of violent  
paroxysms of disease by concerts of music at the bedside.  
Adopting (on my own experience), I should say it would be  
more effectual after the patient had been long confined to  
the bed of sickness. It is recommended in the first stage  
& convalescence to remove objects calculated to remind  
the patient of his situation, introduce agreeable voices and  
cheerful conversation. At a time thus when the mind is ac-  
tively susceptible of impressions, Music might be of great use  
which is calculated to introduce recollections of a pleasant





11.  
nature and goodness a new current: & 'tis cannot fail to prove  
a tonic stimulant of the most generous nature.

The female voice appears to have a peculiar effect on the mind  
& man not only in health but is remarkable in disease, it is  
said that women prove much more intemperate in examining the  
diseases than males. It is not only curious but true that  
men in debate like steel against granite strike fire, but  
are forced to retire from the business of collision with their  
own and what mortal mixes with the hotter sex. The  
minds we live the art of victory becomes weary by ex-  
cess of exertion and delights to rest on some softer organ.  
Bottini notices the effect which the female voice has  
on an Egyptian in his words "I have observed Arabic  
women administering consolation much more to men tor-  
mented by the agonies of disease and undelivered."

Perseus thus lives the tortures of the scene,

Love watches madly with unfeeling men.

The sweet seductive voice soon drives the tear which flows down  
the care-worn cheek and infuses hope in the soul depressed by misfortune!



15.  
P. Dr. Melancthon

Dr. P.'s influence on the mind has left  
a "flowing." "He has given a great relief in  
his disease. Luther also was sorely affected with it, but  
in following testimony in its power. Next to theology I  
was the brightest place to himself in thereby all anger is  
settled; he Dies, also melancholy, and many tribulations  
and bad thoughts are driven away." He states that he  
attended a relation in Philadelphia occasionally in past  
years of this disease who informed him that he was  
cured of one of them by hearing the old Hundred  
psalm sung once in a captive's chains.

Dr. P. in his great work "And now of melancholy"  
says "Grief and sorrow are the means which Providence  
now presents to chasten a sinful heart and direct  
the mind and intent on cares and meditations, in  
his malady there is nothing affords so much relief, as  
Grief." (Luther's testimony says of Melancthon) "A most admirable  
and worthy consideration, can uplift the mind and stay those



impetuous &c." Not to pursue the quotation farther for there is a great number to be must in authors. It shall state the two following cases as having come under my own cognizance. Several have been acquainted with a world of facts but such a case stands recorded in the archives of London Tradition, and shows the power of Music in this species of mental Aberration.

Mr B. a young man of brilliant talents and great accomplishments, by a late course of studies and sedentary habits, was subject to nervous affections, he was often affected by symptoms of Hypochondriacal, frequently he would inform himself to be made of all the hallucinations of melancholy. It happened at the time a musician came to reside where he lived that acquired admittance with several instruments, with whom he lived in concert several others, it always proved a powerful remedy in alleviating the situation of this young man, he would soon meet his friends, who would become cheerful and agreeable, that influence on his mind was not transient, he would become cheerful



and continued under the impression, a several days and  
 amused himself by playing on the flute some of his own  
 etc etc one well known "March with Melancholy". He  
 was soon noticed to recover and at the time is entirely  
 exempt from the disease. In moments of theoretical  
 amusement he has often declared to me when in own  
 religion it gave him more pleasure than anything in  
 life!

A few years since I knew a young lady who was  
 so much affected by cerebral neurosis & hysteria that  
 she at times suffered partial disarrangement, losing some  
 (favorite) things placed on paper which were scattered  
 in a medical point of view, would be completely restored  
 to her once wanted sanity.

### The Pajons.

"Thus the inherent causes of disease may be mentioned  
 as the habits and emotions of the mind. Little ex-  
 ercise is required to persuade us that they exert great influ-  
 ence over the animal economy and are no slender sources





marked affections." They have been divided into salutary  
and hurtful. Among the first are, Hope - Love - Ambition  
 and Courage, they are never hurtful unless carried  
 to excess, it is then that mania might be inclined to  
 restrain the out-courses of these ambitious passions, some  
 kind of a soothing sedative nature would be well calculated  
 for either labor or extreme love - calm and content -  
 remind the Ambitious and temper the Covetous.  
 The hurtful though contrary to these have nearly the  
 same effect in soothing distress, and in like manner  
 might be directed on the Mind, it might be so modified  
 as to overcome all the hurtful passions. It has been  
 thus elegantly expressed by Pope.

"Thus the parent grief can charm,  
 And later sweetest rage disarms.  
 Thus tears soften pain to ease,  
 And make distress and madness cease."



## Maria.

In Maria's case in the most recorded, and the serious cases of the disease whatever might have been the cause, and whatever motive but the ruling belief or misconceived idea of those miserable beings, that had been arrested, and brought to reason by Maria. A number of such cases are recorded, and the attendants on her infatigable duty & almost ready supply of its powers. Not having witnessed its effects myself, I shall be content to relate some, one which was on record, and some which have been related to me by others. The first is recorded in the old Testament, though not styled Maria & seems to have been some debt affection of that name.

"But the spirit of the Lord departed from Saul, and an evil spirit of the Lord troubled him: and he came to Gath when the evil spirit was upon him, and David took a harp, and played on it with his hand, and Saul was refreshed and was well, and the evil spirit departed from him."



others are all the world knows that Music is & must  
 be in the diseases of the mind: Upon which head, I want  
 but take notice of a passage of Alexander de Alessandria.  
 Ambrosius made use of nothing more than Musical Harmony  
 and consent of voices in curing frenzied persons, and such  
 as were disordered in the mind."

In an inaugural Thesis published some years ago  
 by Giovanni, and is recorded by S. A. H. H.

"Not many months ago I had an opportunity  
 of witnessing the effects of Music in suspending Melancholy  
 in a young man who was extremely laborious, studious.  
 He was nervous to his mind, & derangement being one of  
 immense intensity with his flute, and while in that  
 state of insanity I thought of trying the effects  
 of this remedy on him. I recollect I went to his cham-  
 ber and persuaded him to play some time.  
 It was with pleasure I observed that these tunes immedi-  
 ately composed him, they brought to his remembrance  
 many objects of a pleasing nature, the ideas of which were

The first part of the paper is devoted to a general  
 consideration of the subject, and to a statement of the  
 objects of the present investigation. It is then divided  
 into two parts, the first of which is devoted to a  
 description of the apparatus and the method of  
 experiment, and the second to a description of the  
 results obtained. The first part is divided into  
 three sections, the first of which is devoted to a  
 description of the apparatus, the second to a  
 description of the method of experiment, and the  
 third to a description of the results obtained. The  
 second part is divided into two sections, the first  
 of which is devoted to a description of the results  
 obtained, and the second to a description of the  
 conclusions drawn from them.

was associated with these tunes, and for a while entirely  
subverted the musical ideas which had taken possession  
of his mind?

The governor of the insane ward at the  
Hospital to whom I was referred by the resident physician  
furnished me with the following facts.

When A. was admitted at the Hospital  
for medical treatment for Mania, her case was so  
aggravated, she was obliged to be confined in a strait  
jacket. It happened at that time a young man  
occupied an adjacent room who amused himself by  
blowing on the floor, under in every stage of the dis-  
ease (this lady was not seen) to pay particular attention  
to the Manic, it was not very long before she was  
discharged perfectly sane, and afterwards said she  
attributed her cure more to the effects of the music  
than any medical treatment, and is now a happy  
wifely by the time.





At the same time a young lady was there whose mother  
 only approached to hear, but the sound of the flute was  
 loud and distinct and attractive, from that period was  
 dated the commencement of her recovery. I was also  
 informed from the same source that all the patients  
 in the insane ward lulled with music in which  
 the sound of the flute. There is only one comment that  
 Mr. Rush before noticed he says "Musicians were  
 particularly attentive to the music of military bands as  
 they were the finest." He appears to have held  
 this remedy steadily in view, recommending it in Havana  
 and Managua. For Managua he says "it should be  
 accommodated to the state of the disease. In that state  
 which is now under consideration, the tunes should  
 be of a plaintive that is of a sedative nature."  
 In treatment for Managua he says "Music should  
 not be omitted as a remedy in this state of madness.  
 The tunes employed for this purpose should be of the  
 most inspiring nature."



In this lecture I feel a confidence in urging the claims of music as it appears to have attracted that attention of many eminent physicians and even dwelled on by the medical veteran of the western world.

Although I have wandered from the beaten track, I have not missed by the finger of nature in search of a vision, a remedy for one of the most calamitous influences that mind is doomed to bear. I wish in this sketch to attract attention to a mode of treatment which has for its object so great benefit. Go contemplate the "intense excruciations of human misery" that meets you in the marble cells of prison, and I so vividly dwells in your breast, that is a vision, and useless speculation, which demands the question if were applied remedy to wretchedness so aggravated?

Warn all other influences then to retrieve the lot - bring back the wandering mind to reason and be happily have been baffled - let us speak

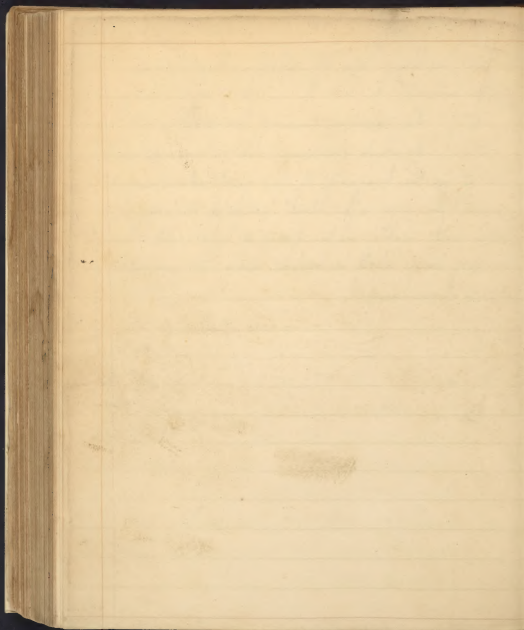
My dear Mother  
I have just received your letter  
of the 10th inst. and was  
glad to hear from you.  
I am well and hope this  
letter will find you the same.  
I have not much news to write  
at present. I am still in the  
same place and doing the same  
work. I hope to hear from  
you again soon.

the soul touching tones of melody, whose strains  
breathe indeed

"The meaning music of the heart

So which responsive shakes the varied soul."

Let us in the language of the great adventurer  
"pursue the way a few days" perhaps we may  
shade with enable us to discover a light and the  
morning dawn shall be hailed with the joyful  
acclamations land!



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1. *Ammonia*  
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4. *Ammonia*  
5. *Ammonia*

